

Stir-Fried Snake Beans

A quick side made for a homegrown snake bean glut

DIFFICULTY

Easy

COURSE

Side Dish

CUISINE

Asian-inspired



PREP

10 min



COOK

8 min



TOTAL

18 min



SERVES

4



FREEZES WELL

No

01 Ingredients

- 400g snake beans, trimmed and cut into 5cm lengths
- 2 tbsp vegetable oil
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- 1/2 tsp chilli flakes (optional)

02 Method

1. Heat vegetable oil in a wok or large pan over high heat until shimmering.
2. Add snake beans and stir-fry for 3-4 minutes until blistered and bright green.
3. Add garlic and ginger, stir-fry for 30 seconds until fragrant.
4. Add soy sauce and oyster sauce, tossing to coat evenly.
5. Remove from heat, drizzle with sesame oil and chilli flakes if using, and serve immediately.

04 Common mistakes

- **Pan not hot enough** — the beans need high heat to blister rather than steam; let the oil shimmer before adding them.
- **Overcrowding the pan** — too many beans at once drops the temperature and steams them; cook in batches if needed.
- **Burning the garlic and ginger** — add them after the beans, not before, since they cook much faster.

03 Notes & substitutions

- Regular green beans work in a pinch, though snake beans hold up better to the heat.
- Add sliced red chilli instead of chilli flakes for fresh heat.
- A squeeze of lime just before serving brightens the whole dish.
- Vegetarian with a mushroom-based oyster sauce.

05 Storage & leftovers

FRIDGE	Airtight container, up to 2 days.
FREEZER	Not recommended - the beans lose their crisp texture.
REHEATING	Quickly in a hot pan or wok - microwaving makes them soggy.